6 Tips to Enhance Motivation in Weight Loss

In the last lesson, you learned lots of ways to cut calories each day without feeling deprived. However, losing weight requires time and patience*.* Significant weight loss goals can require several months or even years. Today's lesson gives you some strategies you can use to maintain your motivation during your weight loss journey.

Keeping your motivation high will make it easier to weather those tough days when your weight loss goal seems out of reach.

Use these tips to maintain your motivation and shed those pounds:

1. **Place your favorite inspirational quotes on your mirror or refrigerator.** A quick pick-me-up can save the day when your motivation is waning. It can also be an effective way to start your day.
    - Tape a few quotes to the bathroom mirror. Doing the same on the refrigerator door can prevent a dietary lapse.
2. **Keep track of your progress. Keeping track of your progress is motivating and smart.** How will you know if your diet and exercise plan are effective if you're not taking regular measurements?
    - There are many ways to track your progress. Find and use the one that motivates you the most.
3. **Use weight-loss jars as a visual reminder.** Keeping written records of your weight loss is an effective exercise, but sometimes it's difficult to appreciate a 2-pound loss in the mirror.
    - Fill a glass jar with decorative stones or marbles. Each one is equivalent to a pound you wish to lose. As you lose weight, move your marker from the full jar to an empty one. It's exciting to watch the contents of one jar shrink as the other increases.
4. **Find a weight loss buddy.** Losing weight can be a lonely process. Considering the obesity rates in first-world countries, there are plenty of others in the same situation. Find a buddy with whom you can communicate on a regular basis.

5. **List your reasons for losing weight.** After a few weeks of dieting, it's typical to lose track of your original motivation. Why do you want to lose weight? **No reason is too small or petty, as long as it's true.**

    - Do you want to look better? Enhance your health? Fit into your old jeans? Write it down and review your list regularly.

6. **Provide small rewards along the way.** It could be a bad idea to wait until you've reached your final goal to reward yourself. Begin with small goals to get yourself started. Dieting becomes tougher after a while, so give yourself larger rewards as you progress.

Keeping your motivation high is an important part of reaching any weight-loss goal. Losing weight is a slow process and progress can be difficult to see at times. Motivation is personal. What works for others might require a little tweaking to be effective for you.

Stay focused on the your progress and continue looking forward. **A small amount of attention and motivation each day can keep your spirits and expectations high.**

In the next lesson, you'll learn some techniques that will support your weight loss efforts as you shop for groceries.

Here's what you need to do today:

Why do you want to lose weight? List your reasons on sticky notes with one on each note. Post them on your mirror or a vision board, along with some quotes that uplift you.